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(54) **STABLE SALAD DRESSINGS**

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(58) **Field of Search** ..... 426/602, 611

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(57) **ABSTRACT**

The present invention provides a stable foodstuffs which contain a cholesterol lowering amount of a sterol or stanol ester, crystal fat inhibitors and emulsifiers. The foodstuffs, including salad dressings are stable even when refrigerated.

**8 Claims, No Drawings**



**STABLE SALAD DRESSINGS**

The application is a continuation application of prior U.S. application Ser. No. 09/143,817, filed Aug. 31, 1998, now U.S. Pat. No. 6,123,978.

**FIELD OF THE INVENTION**

This invention relates to stable salad dressings containing a sterol ester and methods of producing the same.

**BACKGROUND OF THE INVENTION**

It has been shown that the addition of plant sterols, such as  $\beta$ -sitosterol, to diets will reduce serum cholesterol levels. The sterols reduce serum cholesterol through the disruption of intestinal absorption of dietary cholesterol by displacing it from bile acid micelli. More recently,  $\beta$ -sitosterol's saturated derivative,  $\beta$ -sitostanol, has been shown to be more effective in the reduction of intestinal cholesterol absorption. The sitostanol itself is virtually unabsorbed, so it does not contribute at all to in vivo serum sterol concentration upon consumption. Unfortunately, typical sterols and stanols are insoluble in the micelli phase of the alimentary canal and have only limited solubility in oils and/or fats or water. Hence, free sterols or stanols themselves are not optimum candidates for use in typical pharmaceutical or dietary dosage forms as cholesterol reducing agents.

The incorporation of these materials into foods are also difficult due to the limited solubility of the stanol or sterol in foods such as margarine and salad dressings. Salad dressings are particularly difficult in that they are frequently sold at room temperature, but require refrigeration after opening. Formulating a stable composition is particularly difficult when changes in temperature occur.

**SUMMARY OF THE INVENTION**

The present invention is directed to a stable food containing a cholesterol reducing amount of a sterol ester; an effective amount of a fat crystal inhibitor, and an effective amount of a hydrocolloid stabilizer or emulsifier. In a particularly preferred embodiment the present invention is a salad dressing which remains stable even when refrigerated.

**DETAILED DESCRIPTION**

As disclosed in U.S. Pat. Nos. 5,502,045, 5,578,334 and 5,244,877, the contents of which are incorporated herein by reference, it is known that consumption of  $\beta$ -sitosterol is known to reduce cholesterol levels in the blood stream. In order to be effective it is necessary to consume from about 0.5 to about 1.5 grams, and more preferably about 1 gram of  $\beta$ -sitosterol per serving size. The word sterol ester as used in the present invention is understood to include any cholesterol lowering agent including stanols, stanol esters, sterol esters and the like.

In order to incorporate an effective amount of  $\beta$ -sitosterol in a salad dressing, in which an average serving size of about 30 grams, it is necessary to incorporate less than about 10 percent by weight, typically less than about 8 percent and most preferably about 6 percent by weight of the  $\beta$ -sitosterol in a salad dressing serving.

At this relatively high level of  $\beta$ -sitosterol, it is difficult to formulate a stable product, especially after the product has been opened and requires refrigeration. Refrigeration as used herein, is understood to be temperatures below room temperature, which includes about 60 F but the term also includes temperatures of 40 F and below. These lower temperatures are commonly found in commercial and residential refrigerators.

As used throughout this application, stable is understood to mean that the product does not separate into different phases. Instead the food, most preferably the salad dressing, will be relatively uniform and not separate into distinct layers. An example of a stable system is a salad dressing which remains creamy after a period of time. An example of an unstable system is an Italian salad dressing which after the passage of some time will separate into two distinct regions, an oil phase and an aqueous phase.

The present invention requires the incorporation of an effective amount of fat crystal inhibitors which include polyglycerol esters of fatty acids, sorbitan esters of fatty acids such as sorbitan tristearate; polysorbates made from the reaction product of monoglycerides or sorbitan esters with ethylene oxides, mixtures of these materials and the like. Examples of useful polysorbates include polyoxyethylene 20 mono- and diglycerides of saturated fatty acids, polyoxyethylene 4 sorbitan monostearate, polyoxyethylene 20 sorbitan tristearate, polyoxyethylene 20 sorbitan monooleate, polyoxyethylene 5 sorbitan monooleate, polyoxyethylene 20, sorbitan trioleate, sorbitan monopalmitate, sorbitan monolaurate, propylene glycol monolaurate, glycerol monostearate, diglycerol monostearate, glycerol lactylpalmitate; mono and di-glycerides and the like. A particularly preferred fat crystal inhibitor is Caprol ET, commercially available from A.C. Humko, which is a mixture of polyglycerol fatty acid esters. Typically these materials are incorporated at levels of from 0.1 to about 3.0 percent by weight, preferably from about 0.2 to about 2.0 and most preferably about 0.5 weight percent.

Useful emulsifiers in the practice of the present invention include polyglycerol esters, mono and diglycerides of fatty acids, propylene glycol esters, sucrose fatty acid esters and polyoxyethylene derivatives of sorbitan fatty acid esters and the like. Mixtures of emulsifiers may also be employed. These emulsifiers are well known in the art and are commercially available. The emulsifier level is typically from about 0.01 to about 1.5 weight percent, preferably from about 0.1 to about 1.2 and most preferably from about 0.5 to about 1.0 weight percent.

Suitable polyglycerol esters include triglyceryl monostearate, hexaglyceryl distearate, hexaglyceryl monopalmitate, hexaglyceryl dipalmitate, decaglyceryl distearate, decaglyceryl monooleate, decaglyceryl dioleate, decaglycerol monopalmitate, decaglycerol dipalmitate, decaglyceryl monostearate, octaglycerol monooleate, octaglycerol monostearate and decaglycerol monocaprylate.

Other suitable emulsifiers include, with HLB values provided in brackets, [], include decaglycerol monolaurate [15.5]; decaglycerol distearate [10.5]; decaglycerol dioleate [10.5]; decaglycerol dipalmitate [11.0]; decaglycerol monostearate [13.0]; decaglycerol monooleate [13.5]; hexaglycerol monostearate [12.0]; hexaglycerol monooleate [10.5]; hexaglycerol monoshortening [12.0]; polyoxyethylene (20) sorbitan monolaurate [16.7]; polyoxyethylene (4) sorbitan monolaurate [13.3]; polyoxyethylene (20) sorbitan monopalmitate [15.6]; polyoxyethylene (20) sorbitan monostearate [14.9]; polyoxyethylene (20) sorbitan tristearate [10.5]; polyoxyethylene (20) sorbitan monooleate [15.0]; polyoxyethylene (5) sorbitan monooleate [10.0]; polyoxyethylene (20) sorbitan trioleate [11.0]. As is appreciated by those with skill in the art, the HLB value for a surfactant is an expression of its Hydrophile-Lipophile balance, i.e., the balance of the size and strength of the hydrophilic (polar) and lipophilic (non-polar) groups of the surfactant.

Lactic acid derivatives include sodium stearyl lactylate and calcium stearyl lactylate.

In addition to emulsifiers, hydrocolloids may also be used to stabilize the emulsion at the same levels as the emulsifiers. Suitable hydrocolloids include xanthan gum, propy-



lene glycol alginate, guar gum, gum Tragacanth, locust bean gum, gellan gum, gum Arabic, cellulose gums, cellulose derivatives such hydroxymethylpropyl cellulose, carboxymethyl cellulose, microcrystalline cellulose and the like; modified food starches and the like. In a preferred embodiment, both an emulsifier and hydrocolloid are employed.

Hydrocolloids are commonly used in combination with whole egg, egg yolks as well as the emulsifiers set forth above. The preferred stabilizers are combinations of xanthan gum, propylene glycol alginate, egg yolk and modified food starches. However it was discovered that the incorporation of stanol esters in the formulations caused crystallization at temperatures below about 65 F. The destabilization of the emulsion was particularly noted when the amount of egg yolk was limited. In order to have the product defined as cholesterol free, egg yolk in the formulations was limited to less than 2 milligrams per serving.

The foods of the present invention also include preservatives, colorings, vitamins, seasonings and excipients which are well known to those in the art.

The present invention also provides a method for preparing a stable food emulsion comprising: providing an aqueous stream; providing an food grade acceptable oil; providing a stanol ester; providing a crystal fat inhibitor and an emulsifier; admixing said oil, stanol ester, crystal fat inhibitor and emulsifier; heating the admixture to a temperature of from about 100 to about 150 F to form a heated oil adding the heated oil to said aqueous system. More preferably the admixture is heated to a temperature of from about 120 to about 140 F.

In order to make the salad dressings of the present invention any suitable food grade oils may be employed including soybean, sunflower, corn, vegetable and the like. The oils are typically less than 50% of the salad dressing, more preferably from about 25 to about 40 weight percent.

The following examples are provided to further illustrate the claimed invention, but not limit the invention to the examples provided below. Unless noted otherwise, all weights are presented in weight percent.

EXAMPLE 1

The following examples are examples of a stable salad dressings containing sufficient stanol esters to provide an effective amount of stanol ester to reduce cholesterol when a serving of 30 grams is used. Sorbitan tristearate could be substituted for Caprol ET or combined with Caprol ET in each of the formulations. All of the following formulations additionally contain seasoning, preservatives, coloring, flavoring as desired for taste.

Ingredients	Ingredients Composition	
	Typical Formula Percent	Range of Ingredients Percent
<b>RANCH DRESSING FORMULATION</b>		
Soybean oil, salad oil	40.000	30-50
Vinegar,	6.000	4.0-10
stanol esters	5.750	3.0-10
Sugar,	4.000	3.0-6.0
Cultured buttermilk solids	1.000	0.5-3.0
Caprol ET	0.500	0.2-2.0
Egg yolk,	0.360	0-2.0
Xanthan gum	0.300	0.15-0.5
Polysorbate 60 (Tween 60)	0.300	0-0.30

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Ingredients	Ingredients Composition	
	Typical Formula Percent	Range of Ingredients Percent
<b>FRENCH STYLE DRESSING FORMULATION</b>		
Propylene glycol alginate	0.160	0.05-0.30
Polysorbate 80 (Tween 80)	0.160	0.0-0.30
Water	36.568	To 100%
Total	100.000	100
<b>THOUSAND ISLAND DRESSING FORMULATION</b>		
Soybean oil	35.000	25-40
Sugar	14.000	8.0-20
Vinegar	6.000	4.0-10
Tomato Paste (~31% solids)	6.000	3.0-10
Stanol esters	5.600	3.0-10
Caprol ET	0.500	0.1-2.0
Egg yolk	0.350	0-2.0
Polysorbate 60	0.300	0-0.3
Xanthan gum	0.200	0.1-0.5
Propylene glycol alginate	0.100	0-0.5
Polysorbate 80	0.100	0.0-0.3
Water	28.831	To 100%
Total	100.000	
<b>CREAMY ITALIAN DRESSING FORMULATION</b>		
Soybean oil	35.000	25-40
Sweet relish	10.00	4.0-15
Sugar	9.000	4.0-15
Vinegar	6.000	4.0-10
Stanol esters	5.600	4.0-10.0
Tomato paste	5.000	2.0-8.0
Egg yolk, liquid, 10% salt	0.400	0-1.0
Caprol ET	0.500	0.1-1.5
Polysorbate 60	0.300	0.1-0.30
Xanthan gum	0.300	0.1-0.5
Propylene glycol alginate	0.130	0.05-0.5
Polysorbate 80	0.100	0.0-0.3
Water	25.700	To 100%
Total	100.000	100
<b>REDUCED FAT RANCH DRESSING FORMULATION</b>		
Soybean oil	33.000	25-40
Vinegar	9.200	5.0-15
Sugar	6.000	3.0-10
Stanol esters	5.750	4.0-8.0
Diced sweet Bell peppers, dried	0.600	0.2-1.5
Caprol ET	0.520	0.1-1.0
Buttermilk	0.500	0-1.0
Eggs	0.400	0-1.0
Xanthan gum	0.320	0.1-0.5
Polysorbate 60	0.300	0-0.30
Modified food starch	0.250	0-1.0
Titanium dioxide	0.200	0-0.5
Propylene glycol alginate	0.160	0.05-0.5
Polysorbate 80	0.090	0.0-0.30
Water	37.330	To 100%
Total	100.000	
<b>FORMULATION</b>		
Soybean oil	24.500	15-28
Vinegar	8.000	4.0-12
Stanol esters)	5.750	4.0-8.0
Ranch seasoning	5.000	3.0-8.0
Sugar	4.000	2.0-7.0
Cultured buttermilk solids	1.400	0.2-3.0
Caprol ET	0.650	0.1-1.50
Lemon juice concentrate	0.450	0-2.0
Xanthan gum	0.450	0.1-0.60
Egg yolk	0.350	0-1.0
Polysorbate 60	0.300	0.1-0.30
Modified food starch	0.300	0-1.60
Propylene glycol alginate	0.215	0.05-0.5

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Ingredients	Ingredients Composition	
	Typical Formula Percent	Range of Ingredients Percent
Distilled mono- & di-glyceride	0.200	0-1.50
Water	46.765	To 100%
Total	100.000	

COMPARATIVE EXAMPLES

The following examples demonstrate formulations which were found to be unstable when refrigerated. However, when the stanol ester was removed and the formulation reconstituted, the formulation was once again stable, even when refrigerated.

Ingredients	Ingredients Composition	
	Stable Formula Percent	Unstable Formula Percent
<u>Ranch Style Salad Dressing</u>		
Soybean oil, salad oil	40.000	45.750
Vinegar	6.000	6.000
stanol esters	5.750	0.000
Sugar,	4.500	4.500
seasoning	4.000	4.000
Cultured buttermilk solids	1.000	1.000
Cooking salt	0.400	0.400
Egg yolk, liquid, 10% salt	0.360	0.360
Xanthan gum	0.340	0.340
Propylene glycol alginate	0.160	0.160
Preservatives, colorings vitamins and seasonings	Balance of formulation	Balance of formulation
Water	36.988	36.988
Total	100.000	100.000
<u>FRENCH STYLE DRESSING FORMULATION</u>		
Soybean oil, salad oil	35.000	40.600
Sugar, fine granulated	17.500	17.500
Vinegar, 120 grain, white distilled	6.000	6.000
Tomato Paste (~31% solids)	6.000	6.000
Stanol esters	5.600	0.000
Egg yolk, liquid, 10% salt	0.350	0.350
Xanthan gum	0.200	0.200
Propylene glycol alginate	0.100	0.100
Preservatives, colorings vitamins and seasonings	Balance of formulation	Balance of formulation
Water	26.231	26.231
Total	100.000	100.000
<u>TYPICAL THOUSAND ISLAND DRESSING FORMULATION</u>		
Soybean oil	35.000	40.600
Sweet relish	11.00	11.000
Sugar, fine granulated	9.000	9.000
Vinegar, 120 grain, white distilled	6.000	6.000
Stanol esters	5.600	0.000
Tomato paste (~31% solids)	5.000	5.000
Egg yolk, liquid, 10% salt	0.400	0.400
Xanthan gum	0.300	0.300
Propylene glycol alginate	0.150	0.150
Preservatives, colorings vitamins and seasonings	Balance of formulation	Balance of formulation
Water	25.580	25.580
Total	100.000	100.000

Ingredients	Ingredients Composition	
	Stable Formula Percent	Unstable Formula Percent
<u>TYPICAL CREAMY ITALIAN DRESSING FORMULATION</u>		
Soybean oil, salad oil	33.000	38.750
Vinegar	9.200	9.200
Sugar	6.000	6.000
Stanol esters	5.750	0.000
Buttermilk	0.500	0.500
Eggs	0.400	0.400
Xanthan gum	0.320	0.320
Modified food starch	0.250	0.250
Water	38.240	38.240
Preservatives, colorings vitamins and seasonings	Balance of formulation	Balance of formulation
Total	100.000	100.000
<u>TYPICAL LIGHT RANCH DRESSING FORMULATION</u>		
Soybean oil, salad oil	24.500	30.260
Vinegar,	8.000	8.000
Stanol esters)	5.750	0.000
Seasoning	5.000	5.000
Sugar	4.000	4.000
Cultured buttermilk solids	1.400	1.400
Lemon juice concentrate	0.450	0.450
Xanthan gum	0.450	0.450
Egg yolk	0.350	0.350
Polysorbate 60	0.300	0.300
Modified food starch	0.300	0.300
Propylene glycol alginate	0.215	0.215
Preservatives, colorings vitamins and seasonings	Balance of formulation	Balance of formulation
Water	47.615	47.615
Total	100.000	100.000

We claim:

1. A stable salad dressing comprising:

a sterol ester in an amount of from about 0.5 to about 1.5 grams of active sterol ester per serving, an effective amount of an emulsifier or hydrocolloid; and an effective amount of a fat crystal inhibitor, wherein the average serving size of the salad dressing is about 30 grams.

2. A stable salad dressing of claim 1 wherein the emulsifier is selected from the group consisting of polysorbate 80 and polysorbate 60.

3. A stable salad dressing of claim 1 wherein the hydrocolloid is selected from the group consisting of xanthan gum, propylene glycol alginate, modified food starches and cellulose derivatives.

4. A method for preparing a stable food emulsion comprising:

providing an aqueous stream;

providing an food grade acceptable oil;

providing a stanol ester;

providing a crystal fat inhibitor and an emulsifier;

admixing said oil, stanol ester, crystal fat inhibitor and emulsifier;

heating the admixture to a temperature of from about 100 to about 150 F to form a heated oil adding the heated oil to said aqueous system.

5. The method of claim 4 wherein the food is a salad dressing.

6. The method of claim 4 wherein the crystal fat inhibitor is selected from the group consisting of polyglycerol esters



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of fatty acids, sorbitan esters of fatty acids, polysorbates made from the reaction product of monoglycerides or sorbitan esters and ethylene oxides.

7. The method of claim 4 wherein the emulsifier is selected from the group consisting of polyglycerol esters, 5 mono and diglycerides of fatty acids, propylene glycol

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esters, sucrose fatty acid esters and polyoxyethylene derivatives of sorbitan fatty acid esters.

8. The method of claim 4 wherein the foodstuff emulsion remains stable when refrigerated.

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